

Abstract of the Disclosure

A method of increasing the HDL concentration and the HDL/LDL concentration ratio in human serum by providing a balance between a sufficient and required proportion of 5 cholesterol-free saturated fatty acids in the daily dietary fat of the human and a sufficient and required, but not excessive, proportion of polyunsaturated fatty acids comprising linoleic acid in dietary fat, while the remaining proportion of fatty acids and energy from the 10 dietary fat is provided by monounsaturated fatty acids comprising oleic acid. The saturated fatty acids must constitute between 20% and 40% by weight of the daily dietary fat based upon dietary fat accounting for 30% of the total dietary energy consumption, and linoleic acid 15 must constitute between 15% and 40% by weight of dietary fat. In this way, the required proportional intake of polyunsaturated fatty acids enhances the formation of HDL from VLDL and/or decreases the clearance of HDL, while an excessive proportional intake of polyunsaturated fatty 20 acids and monounsaturated fatty acids is avoided to assure a sufficient dietary availability of saturated fatty acids which are required for sufficient VLDL synthesis and HDL production.